

## SUPPLEMENTARY MATERIALS

**Table S1.** Questions in the Kihon Checklist

Domain	Questions
Instrumental activities of daily living	<p>Do you go out by bus or train by yourself?</p> <p>Do you go shopping to buy daily necessities by yourself?</p> <p>Do you manage your own deposits and savings at the bank?</p> <p>Do you sometimes visit your friends?</p> <p>Do you turn to your family or friends for advice?</p>
Physical function	<p>Do you normally climb stairs without using handrail or wall for support?</p> <p>Do you normally stand up from a chair without any aids?</p> <p>Do you normally walk continuously for 15 minutes?</p> <p>Have you experienced a fall in the past year?</p> <p>Do you have a fear of falling while walking?</p>
Nutritional status	<p>Have you lost 2 kg or more in the past 6 months?</p> <p>Height: cm, weight: kg, BMI: kg/m<sup>2</sup> If BMI is &lt;18.5, this item is scored</p>
Oral function	<p>Do you have any difficulties eating tough foods compared to 6 months ago?</p> <p>Have you choked on your tea or soup recently?</p> <p>Do you often experience having a dry mouth?</p>
Social isolation	<p>Do you go out at least once a week?</p> <p>Do you go out less frequently compared to last year?</p>
Cognitive function	<p>Do your family or your friends point out your memory loss? e.g., “You ask the same question over and over again.”</p> <p>Do you make a call by looking up phone numbers?</p> <p>Do you find yourself not knowing today’s date?</p>
Depressive mood	<p>In the last 2 weeks have you felt a lack of fulfillment in your daily life?</p> <p>In the last 2 weeks have you felt a lack of joy when doing the things you used to enjoy?</p> <p>In the last 2 weeks have you felt difficulty in doing what you could do easily before?</p> <p>In the last 2 weeks have you felt helpless?</p> <p>In the last 2 weeks have you felt tired without a reason?</p>